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HOMEMAKERS' CHAT

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U. S. DEPARTMENT
OF AGRICULTURE
OFFICE OF INFORMATION

(release on receipt)

SUBJECT: "CHOICE PACK"- Information from canning specialists of the U. S. Department of Agriculture.

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If you'd have the fruits and vegetables you put up at home rate as "Choice Pack"...can freshness. Take the advice of canning specialists of the U. S. Department of Agriculture "Capture and hold all possible flavor, color and vitamin values of the fresh fruits or vegetables."

The specialists say that canning freshness means starting with a good product ...fruit that's firm and ripe...vegetables that are young and tender.

Canning freshness means working quickly. It means getting the food into the jars before it has time to wilt and toughen...before the vitamins and fresh flavors disappear. So when you have a big batch of food to put up...get all hands on deck from grandpa to small fry so the work zooms along.

Canning freshness means keeping accurate time on the processing. Allow the full time advised and then remove the jars promptly...from the pressure canner or the water bath.

When you've canned freshness...make sure you keep it by storing the jars in a cool, dark place. Vitamins as well as color tend to disappear in the light.

Finally...enjoy the canned freshness while it's still good. In other words...use the fruit you put up this season during the current year. If the foods are properly canned...if they are sealed airtight and stored well...your canned goods will be safe to eat even after longer storage. But canned foods decrease in quality and food value as time goes by. A good food plan calls for empty jars...ready to be refilled when each new canning season rolls around.

